

Monday, April 19, 2021

Hey girls,

See workout below for tomorrow (Tuesday). For those who can't make it, try and do the below on your own time! Link is at the bottom of the email.

Circuit 10 x 30 secs. exercise, 15 secs. rest. between exercises x 3 rounds; 1 min rest between rounds.

See you all at 6pm!!

Janelle

1. Squat Drops
2. Squat Pulses
3. Dead Bug
4. T-Abs - Cross Body
5. Side Bounds
6. Plank Alt. Shoulder Touches to Push-up
7. Burpees to Mountain Climbers
8. Hip raise walks
9. Wall Sit
10. Plank - Side to Side